

Corn Casserole (FDD)

Rating: ★★★★★

Makes: 6 Servings

This family favorite casserole is good for breakfast or lunch. Add flavor by topping it with fresh tomato salsa.

Ingredients

1/2 cup onion (chopped)
1 1/2 teaspoons vegetable oil
1 can low-sodium cream style corn (about 15 ounces)
3/4 cup yellow or white cornmeal
1/2 cup 1% low-fat milk
4 tablespoons egg mix
1/2 cup all-purpose flour
1/2 teaspoon baking powder
 nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes).
3. Open canned corn and drain liquid into a measuring cup. If needed, add water to make 1 cup of liquid.
4. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils.
5. Remove saucepan from heat. Mix in milk, corn, and egg mix.
6. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well.
7. Spray a 9-inch baking pan with nonstick cooking spray.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	214	
Total Fat	5.5 g	
Protein	7 g	
Carbohydrates	36 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	
Sodium	181 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 1/2 ounces

Pour mixture into baking pan. Bake for 25 to 30 minutes.
Cut into 6 servings.

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